

Clinical Pharmacology Internships in Government and Industry: Why Do An Internship?

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These Interns Aren't What We Normally Think Of



But They Do Provide Powerful Life and Leadership Lessons

“The key is to keep moving” *[Ben Whitaker from The Intern]*

“Leaders set the tone” *[Jules Olsten from The Intern]*

“Your career success in the workplace today – independent of technical expertise – depends on the quality of your people skills” *[Tiya Sircar from The Internship]*

“Leadership isn’t about being in the spotlight. It’s about empowering others to their best and steal the show” *[Lyle from The Internship]*

There is no debate in my mind about the value of an internship! It absolutely pays off.

All pre-doctoral and post-doctoral trainees at the UF CPSP do a 3-4 month internship in either industry or FDA

My Personal Success Story As an Intern

The logo for Wyeth, featuring the word "Wyeth" in a red, serif font.

I learned everything I ever wanted to know about how to overcome formulation problems with Omnipen^R. I applied microencapsulation to mask the taste of a fowl-tasting penicillin suspension.

Mo Bahal and Stan Hem

The logo for Roche, featuring the word "Roche" in a blue, sans-serif font inside a blue hexagonal border.

I learned the challenges of how to dose dogs for PK studies, conduct GC analysis of biological samples and model PK and PD data using Valium^R as a model compound.

*Stan Kaplan and Harold
Boxenbaum*

The Value of an Internship

15% more likely to find full-time employment

20% higher level of being happy with their outcome

80% better school-to-work transition

Only opportunity to work with cross-functional teams

Meet with many new senior thought-leaders

Career Growth

Interns gain valuable experience with the organizations of their choice and career contacts.

Completing an internship allows the intern to practice subject-specific skills, bridge the gap between knowledge from training and job-related research, and try a field of employment to see if it fits their interests before committing to it as an occupation.

Interns are very often inspired and challenged to leave his or her comfort zone.

Many Great Internship Opportunities Are Either Out There or Waiting to be Created

Take initiative to define your internship

- ✓ Find the right fit – what do you want to do and where
- ✓ Use your mentor and connections – facilitate internships
- ✓ Write down 3 ways to integrate your training into internships
- ✓ Have a good idea about specific projects you want to work on
- ✓ Be persistent and say the magic words – THANK YOU

Convincing Your Mentor: Note Every Mentor Is Different



“...I don’t see the any point in doing an internship. Taking time off will only distract you from your research...”



“...Well, OK. I guess you’re right...”

If Your Mentor Cares About You and Your Future, He or She Will Respect Your Request to Do an Internship.....TIMING is everything!



Do your homework. Frame your justification around what is best for you BUT consider his or her perspective.....funding, timelines, publications and how it plays into his/her goals



“Based on what I have been doing over the past 2-3 years in OUR research, I hope to pursue a career path in industry (or FDA or academia). The training you provided for me as been truly outstanding. An internship opportunity recently presented itself....”

Preparing For Your Internship

1. When? [PhD = Between years 2-3; Post-Doc = Between years 1 and 2]
2. Break from Research? [The whole goal of an internship is to either learn complimentary technical skills if a PhD, or to integrate the internship into your post-doc research – e.g., applied research]
3. Relevant skills or knowledge? [Spruce up your CV, practice interviewing with your advisor/mentor, anticipate using your technical skills, learn about the company (or FDA), major players and thought leaders, publications, GOOGLE yourself, practice modesty, always say “please” and “thank you” and prepared to never say “no”]

The Internship is Completed: Now What?

Thank and recognize everyone who helped you

Never badmouth anyone at your internship site

Don't exaggerate your experience when you return

Never, ever share confidential information when you return

Ask for a letter of recommendation



Update your CV and snag a LinkedIn endorsement

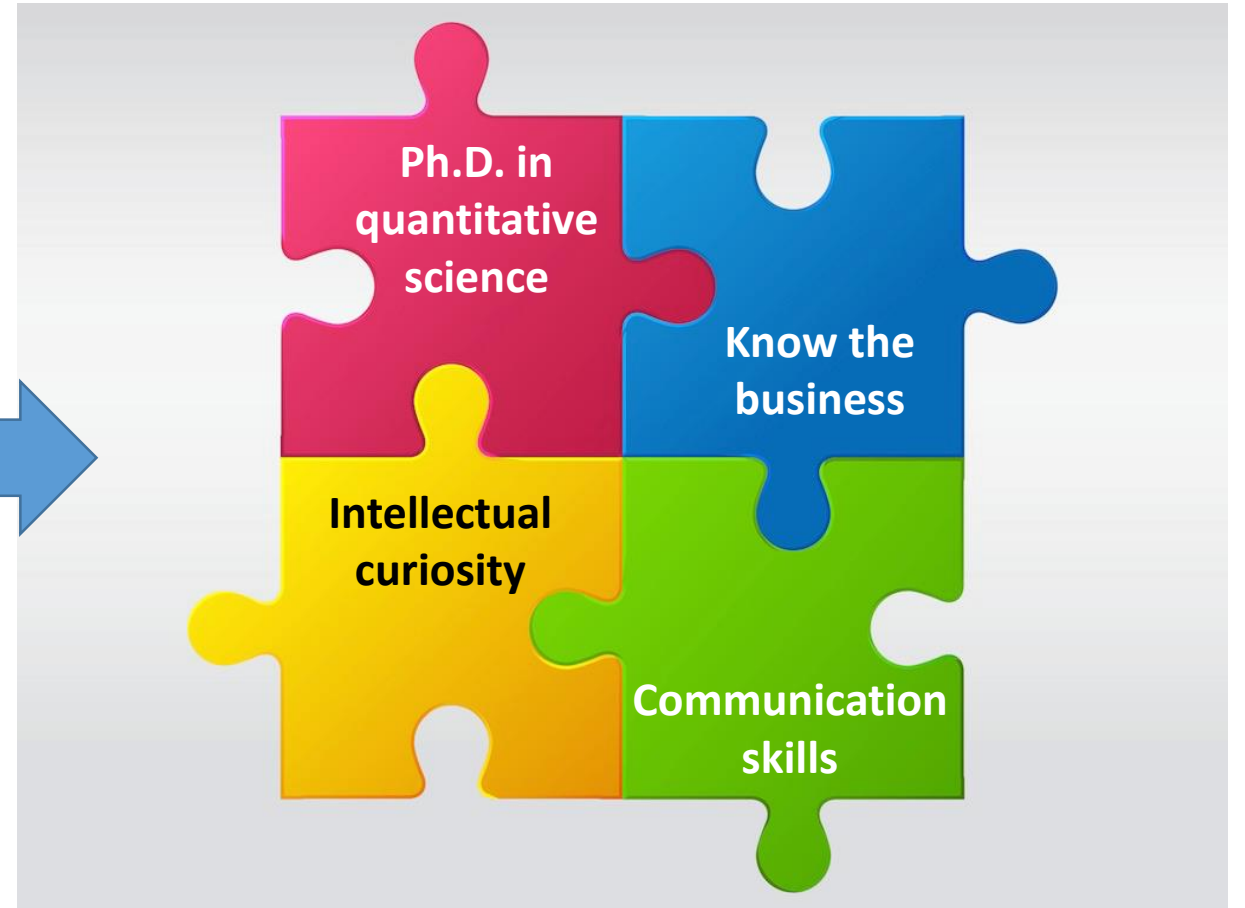
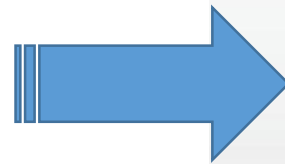
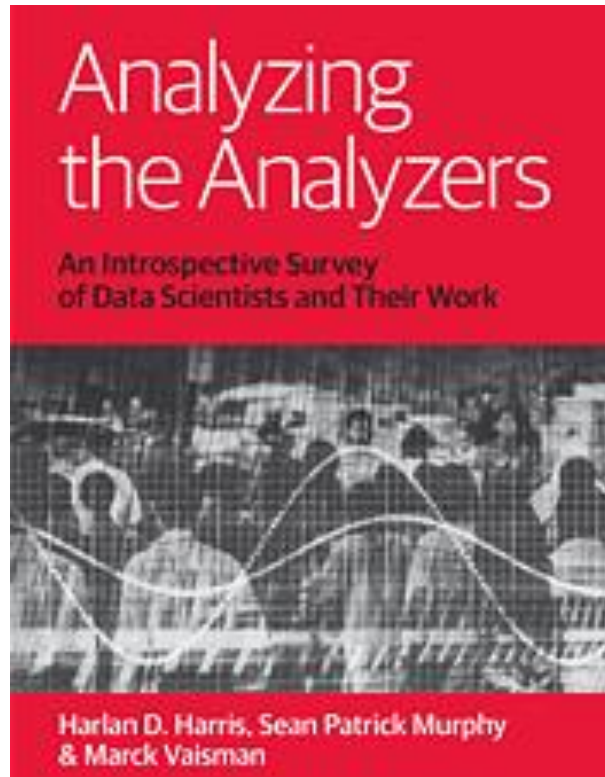
Explore full-time hiring before you leave

Never, ever reflect badly on your internship host

Reflect upon, and share what you learned at your home institution

Don't lose touch with scientists at your internship site

Read and Read More: Must-Have Skills for Success





Thank you for your time and attention
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